

# Buddhism in Daily Life

## ADORATION OF THE SACRED TRINITY

Buddha - Dhamma - Sangha

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Adoration of the Sacred Trinity - Buddha Dhamma Sangha  
[ Ratanattaya Vandanā ]  
with this profound philosophy behind it

[ Sing these in English or Pali with respectful devotion and dedication ]

My adoration to the Buddha whose great virtues  
far exceed the mighty oceans.  
Sādhu Sādhu Sādhu.

May all beings, at all times,  
live in peace and in comfort,  
with no hostilities towards others  
and with no personal dreads in their hearts.

This body of mine is not pleasantly acceptable to others.  
All of us, including myself, are indeed heading towards death.

My adoration to the Dhamma  
which is well taught by the Master.  
Sādhu Sādhu Sādhu.

May all beings, at all times,  
live in peace and comfort,  
with no hostilities towards others  
and with no personal dreads in their hearts.

This body of mine is not pleasantly acceptable to others.  
All of us, including myself, are indeed heading towards death.

My adoration to the Sangha,  
the disciples of the Great Sage King.  
Sādhu Sādhu Sādhu.

May all beings, at all times,  
live in peace and comfort,  
with no hostilities towards others  
and with no personal dreads within.

This body of mine is not acceptably pleasant to others.  
All of us, including myself, are indeed heading towards death.

[ Chant these verses in Pali or in English as you pay homage to the Ratanattaya ]

Namāmi Buddhaṃ guṇa-sāgarantaṃ  
 sattā sadā hontu sukhī averā  
 kāyo jiguccho sakalo dugandho  
 gacchanti sabbe maraṇaṃ ahañca.

Namāmi Dhammaṃ Sugatena desitaṃ  
 sattā sadā hontu sukhī averā  
 kāyo jiguccho sakalo dugandho  
 gacchanti sabbe maraṇaṃ ahañca.

Namāmi Saṅghaṃ Muni-rāja-sāvakaṃ  
 sattā sadā hontu sukhī averā  
 kāyo jiguccho sakalo dugandho  
 gacchanti sabbe maraṇaṃ ahañca.

*Dhammavihārī*



## Adoration of the Buddha Dhamma and Saṅgha in Pali and English

Iti'pi so Bhagavā arahaṃ sammā-sambuddho  
 vijjā-caraṇa-sampanno sugato loka-vidū  
 anuttaro purisa-damma-sārathī  
 satthā deva-manussānaṃ buddho bhagavā'ti.

Svākkhāto bhagavatā Dhammo  
 sanditṭhiko akāliko ehi-passiko opanayiko  
 paccattaṃ veditabbo viññūhī 'ti.

Supaṭipanno bhagavato sāvaka-saṅgho  
 ujupaṭipanno bhagavato sāvaka-saṅgho  
 ñāya-paṭipanno bhagavato sāvaka-saṅgho  
 sāmīci-paṭipanno bhagavato sāvaka-saṅgho  
 yadidaṃ cattāri purisa-yugāni aṭṭha-purisa-puggalā  
 esa bhagavato sāvaka-saṅgho  
 āhuneyyo pāhuneyyo dakkhiṇeyyo añjalikaraṇīyo  
 anuttaraṃ puññakkhettaṃ lokassā'ti.

Thus is my Master, the Worthy One, the Fully Enlightened,  
 who is Endowed with Knowledge and Perfect Conduct,  
 the Well-Gone One, the Knower of the world,  
 the Guide of gods and men,  
 the Buddha, the Blissful One.

The Teaching has been well declared by the Blissful One,  
 the teaching which bears fruit in this very life,  
 without any specific period of fruition,  
 which invites closer scrutiny and examination,  
 and leads one to the desired goal,  
 and is to be realized by the wise  
 through their own wisdom.

This body of disciples of the Buddha  
 are nobly well-set on the Path.  
 They are correctly well-placed on the Path.  
 They are truly on the Path to wisdom.  
 They are well-set on the Path of wholesomeness.  
 They are the four sets of two each, on the Way and the Fruit.  
 They are worthy of being invoked and honoured.

Worthy of offerings, of being revered.  
They are a worthy ground of merit for mankind.